



***My Book of
Calm***

BY ...

***Today you
will...***

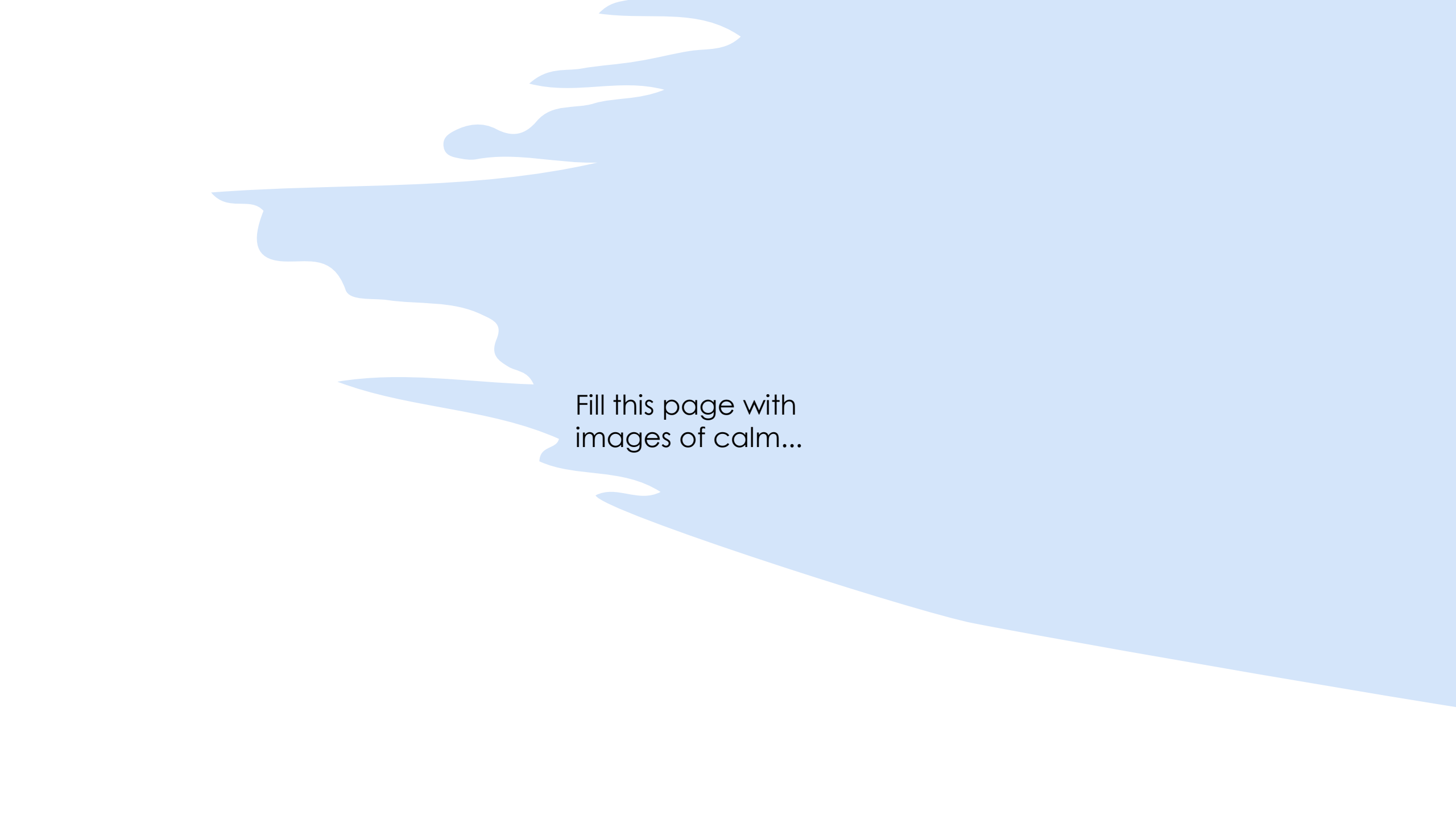
Reflect on your own experiences

Learn about feeling calm

Understand what calm means to us



***Calm:* peaceful, quiet,
and without worry:**



Fill this page with
images of calm...

Saving Grace by Kodaline

- My 'saving graces'...



This is me...

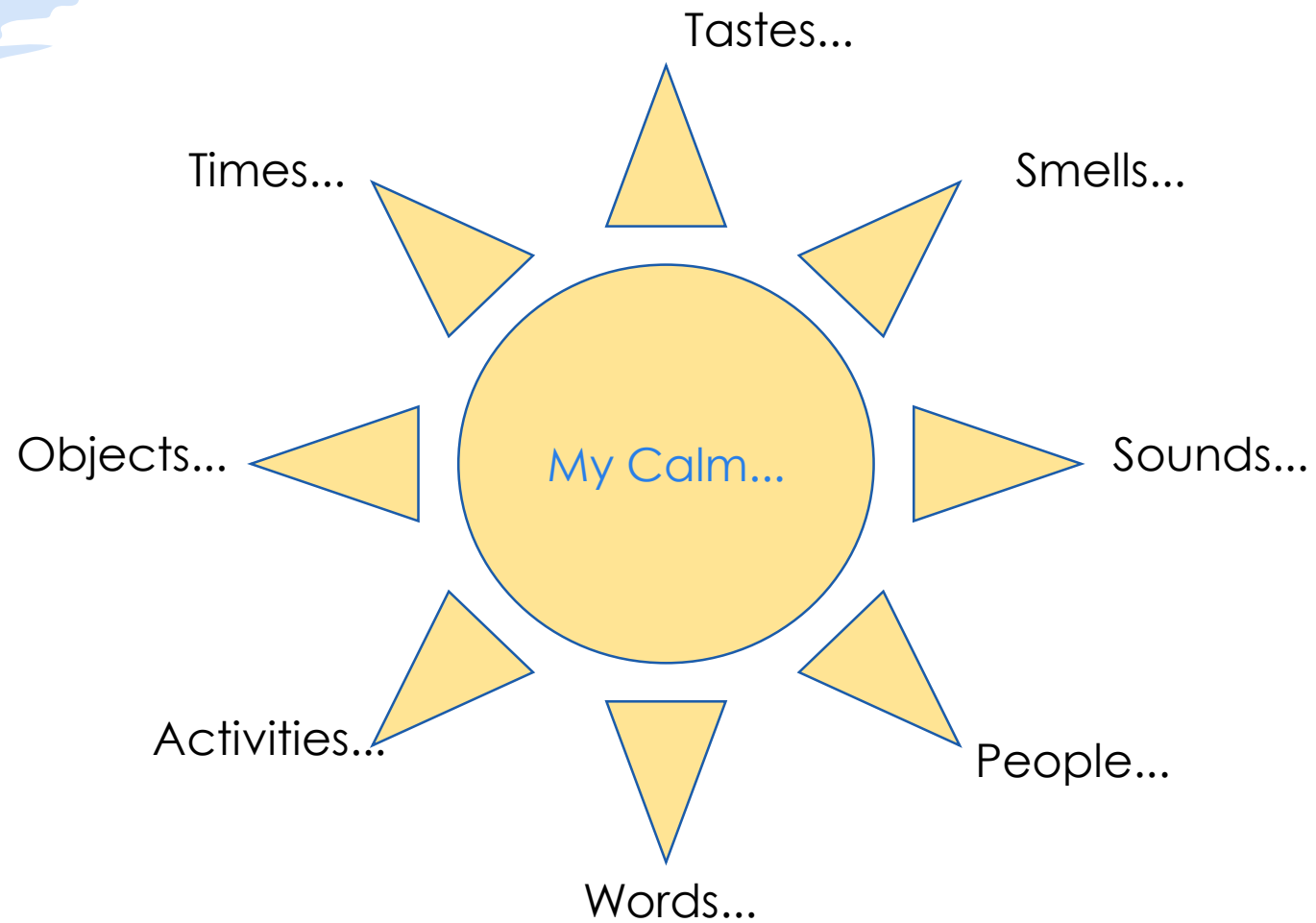
- Insert a photo of yourself or some words and images that say 'this is me'.



My people...

My friends/others...

My family...



Tastes...

Smells...

Sounds...

People...

Words...

Activities...


Objects...

Times...

My Calm...

Calm...

A poem by Mrs Walton



Warm sun on my
face,
Salty sea air,
The soft skin of your
cheek,
Sand between my
toes,
The purring of a
contented cat.

Calm...

A poem by...

Create a poem using
your ideas on page 5.

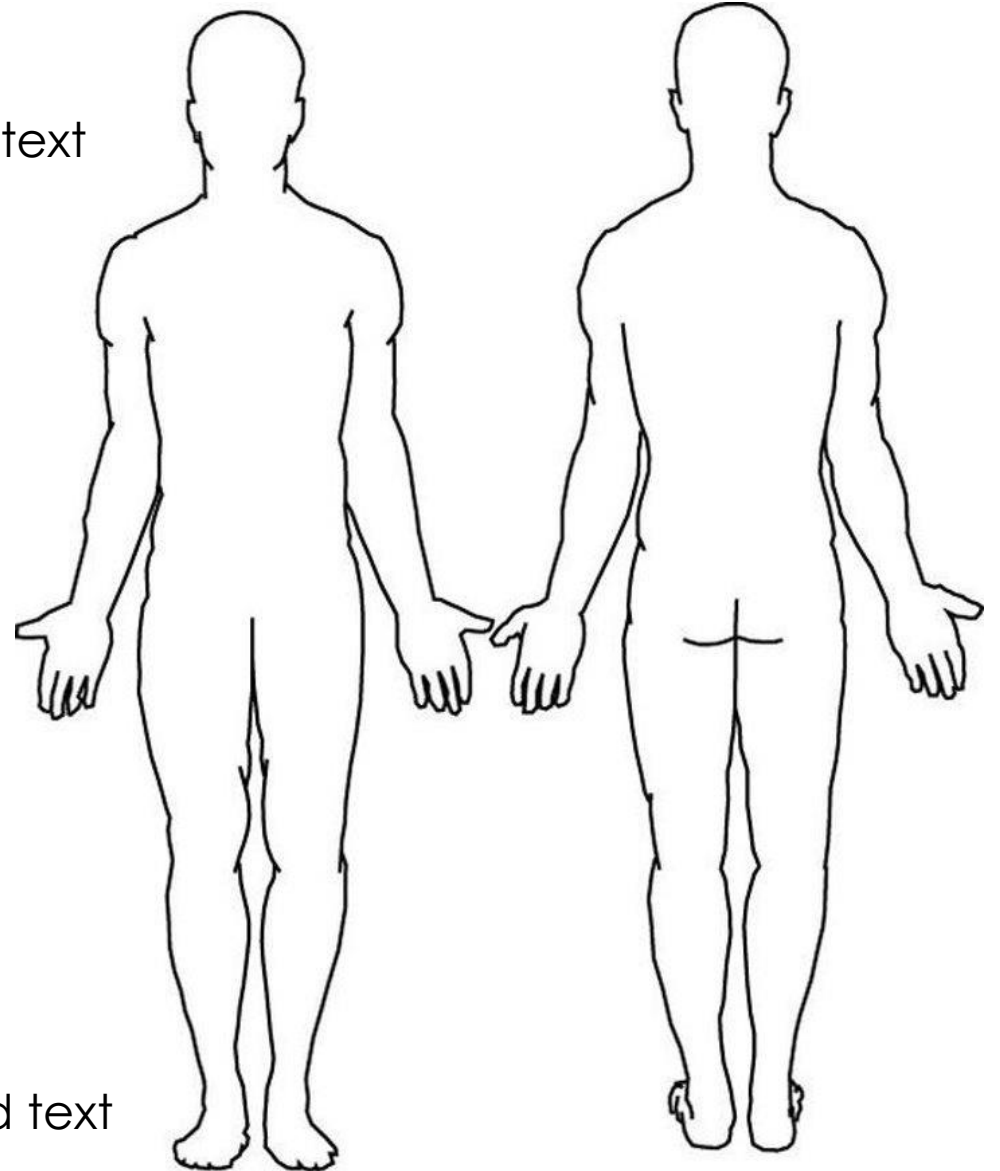
*How does it
feel when
I feel calm?*

Click to add text

Click to add text

Click to add text

Click to add text



Listen while you work...





*Have things to
look forward to...*

MAKE A LIST OF THINGS THAT
YOU CAN LOOK FORWARD
TO...

***Remember
your breath...***



***Move your
body...***



How can physical activity help my mental health?

There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with:

- **better sleep** – by making you feel more tired at the end of the day
- **happier moods** – physical activity releases feel-good hormones that make you feel better in yourself and give you more energy
- **managing stress, anxiety or intrusive and racing thoughts** – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times.





***My 'get
moving' list...***